

WellCast

How To BREAK UP

1 **MAKE SURE** you want to break up

Before anything, make sure you want to go through with this break-up! Ask yourself the following questions:

Do you communicate well?

Does your partner accept you?

Do you keep secrets?

Do you make excuses to avoid them?

2 Figure out what you're going to say

You can practice what to say by writing your thoughts in your journal.

3 Plan out a 3-hour time period

Schedule a time and commit to this!

4 **MAKE PLANS** For directly after the conversation

Is there a friend you can hang out with after?

5 Be **HONEST** but **SYMPATHETIC**

Alright, now that you know what to do and say, say it.

6 When it's over, it's **OVER**

Don't lead your partner on, and make sure there are no loose ends.

7 Stuff exchange

This should be a brief meeting in a public place.

Don't be afraid to ask a friend to come along.